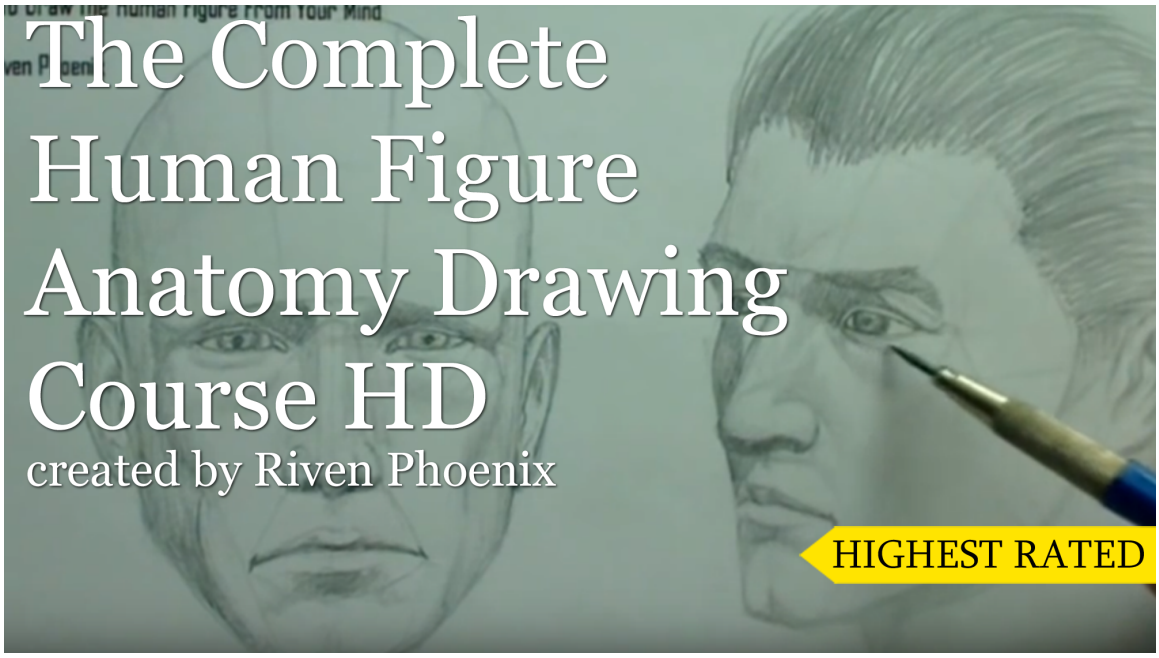


# The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

www.alienthink.com

Figure Drawing Lesson 180 - The Muscles of the Foot - Part 2

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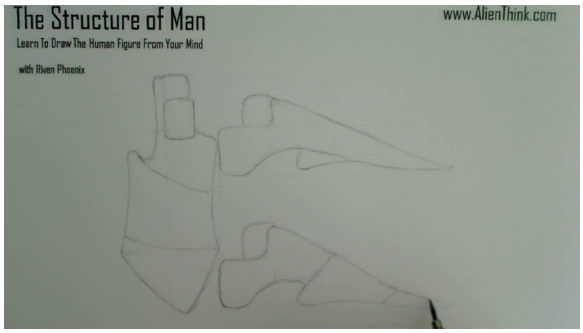
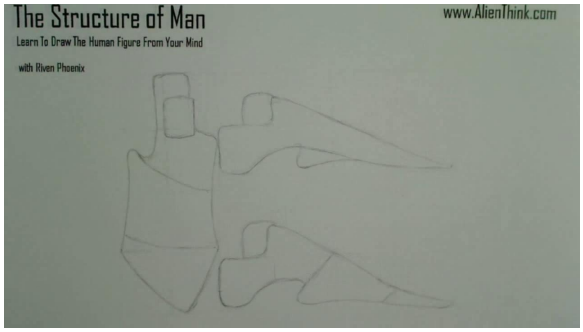
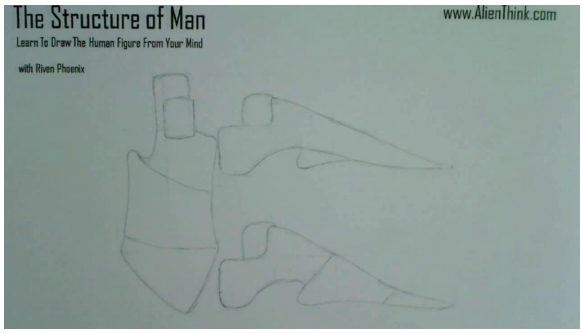
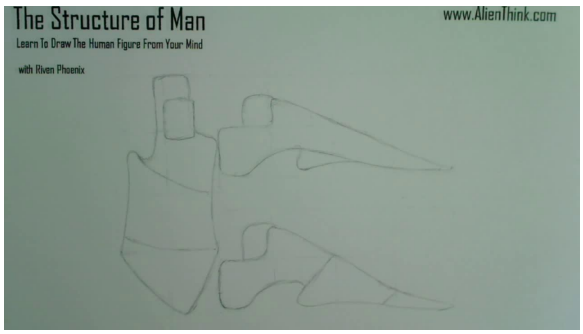
| | | |
|---|---|---|
| 1 |  | Hey guys, my name is Riven Phoenix and welcome to the structure of men learn to draw the |
| 2 |  | human figure from your mind training course. |
| 3 |  | Okay, so now we're going to first understand the bones structure of the human foot and |
| 4 |  | this is going to just help us understand what's going on and you'll notice that the foot |

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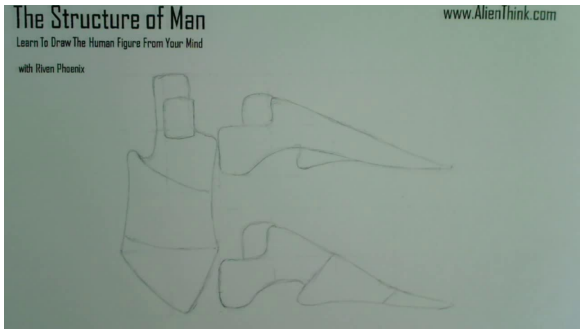
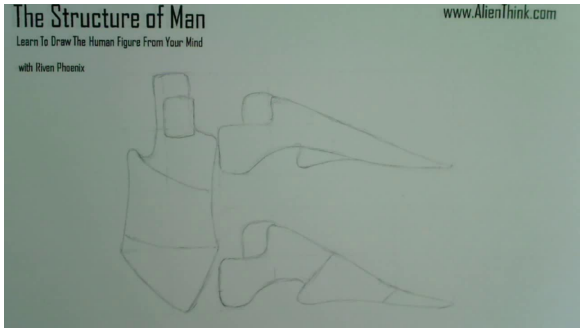
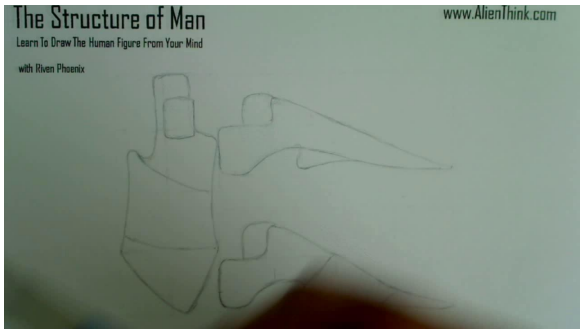
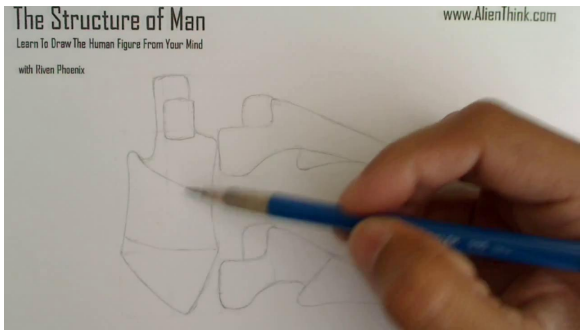
| | | |
|---|---|---|
| 5 |  | really is designed exactly the same way as the hand is, meaning that how the bones come |
| 6 |  | together. |
| 7 |  | Right, so this is really, you should really consider this the palm of the foot, right? |
| 8 |  | Just like we have it over here on our palm, we also have a palm of the foot. |

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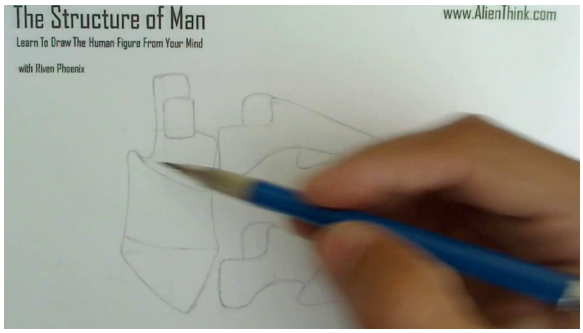
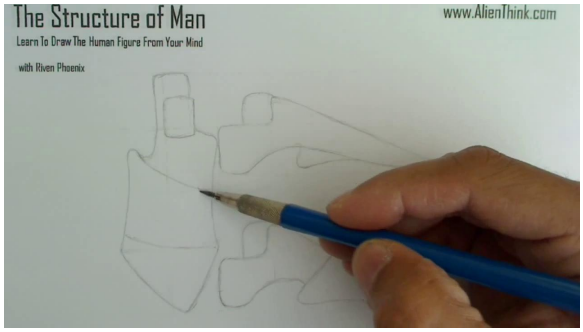
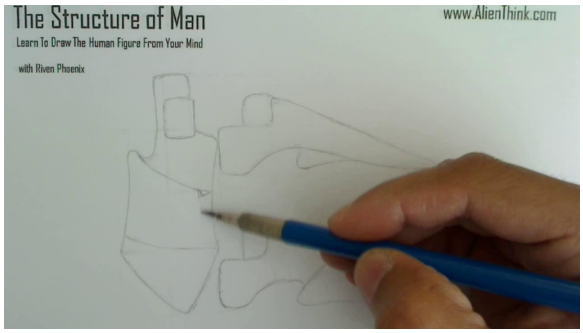
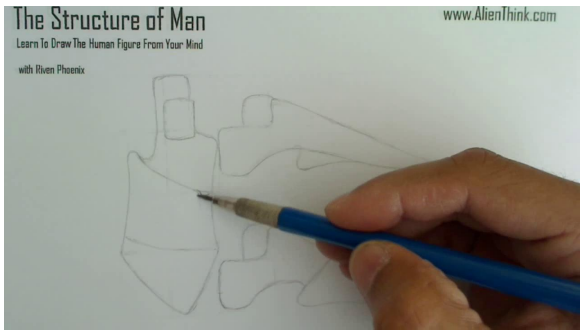
| | | |
|---|---|---|
| 9 |  | So the way this works is that you're going to first get like this big bone. |
| 10 |  | So it's going to have like this dip in here first, you can make it like a little bigger, |
| 11 |  | right? |
| 12 |  | So you're going to get like this bone structure here and we just have to be conceptual |

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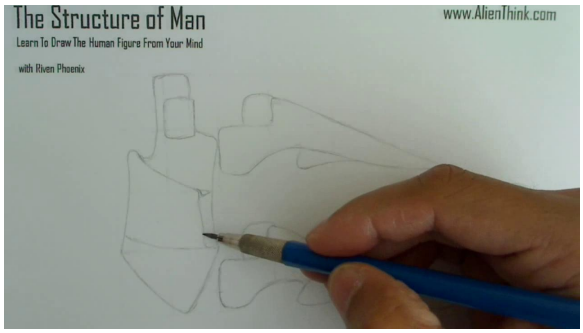
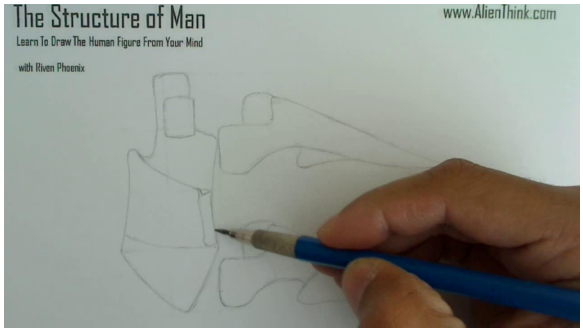
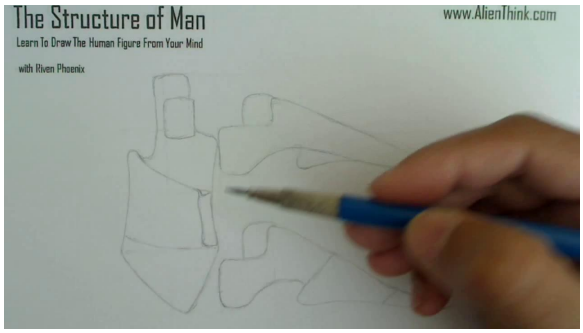
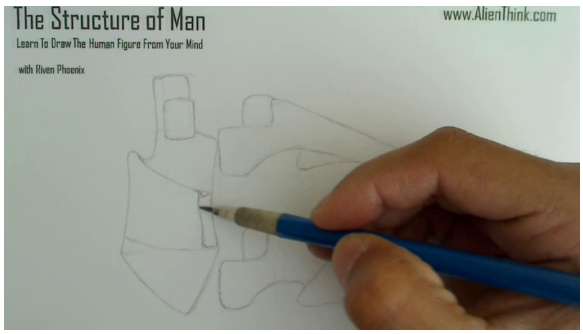
| | | |
|---|---|---|
| 13 |  | about this, right, because we really just need to understand what's going on and this |
| 14 |  | is going to be like this big bone here for the side of the toe and all these lines can |
| 15 |  | be adjusted, right? |
| 16 |  | So this is the first bone. |

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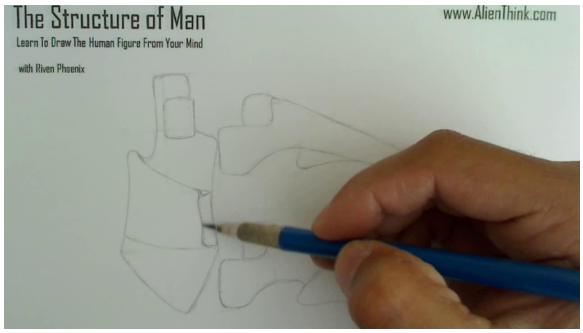
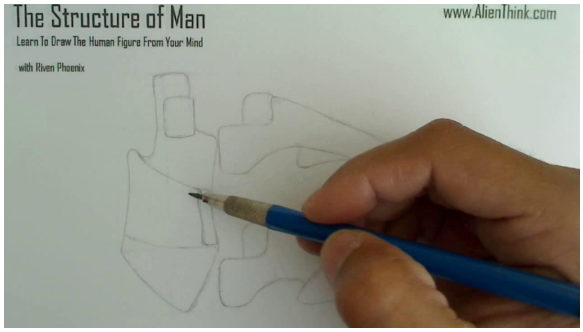
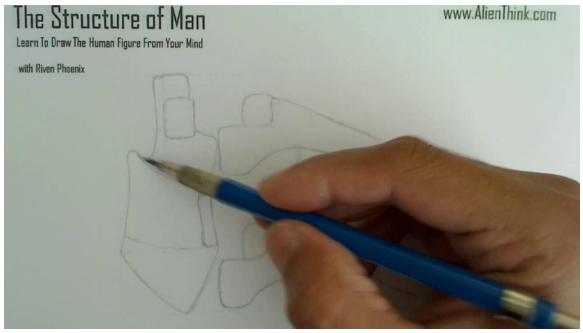
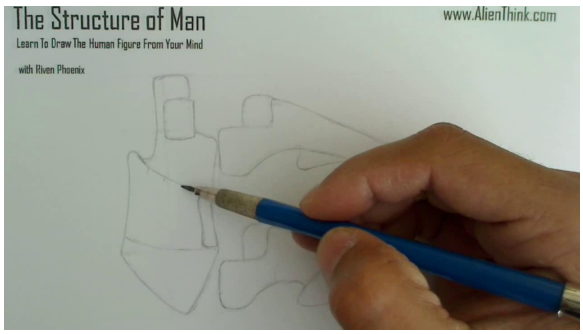
| | | |
|---|---|---|
| 17 |  | So just imagine this to be the bone for the thumb that's on your hand, okay? |
| 18 |  | After this, you're just going to get four bones. |
| 19 |  | So to understand this, what's going to happen is that we have to divide this in basically |
| 20 |  | four different parts, you're going to get one, two, three, four, right? |

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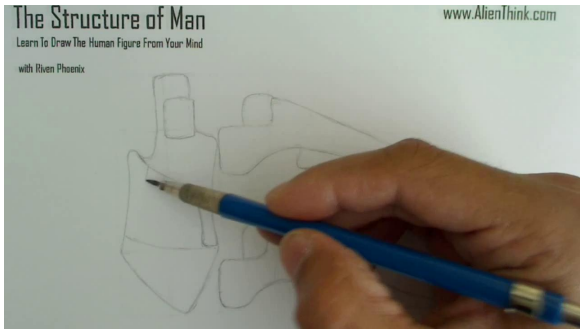
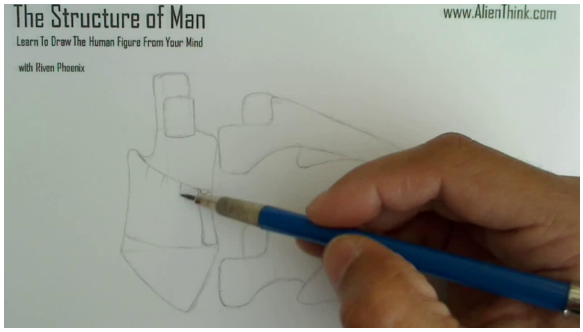
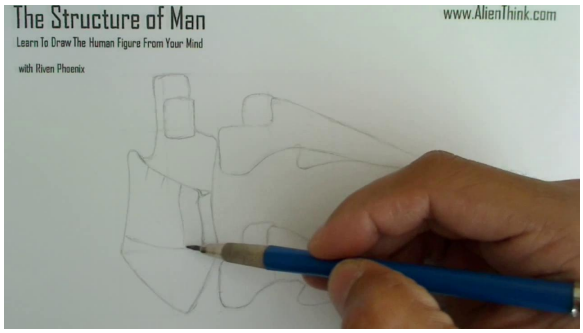
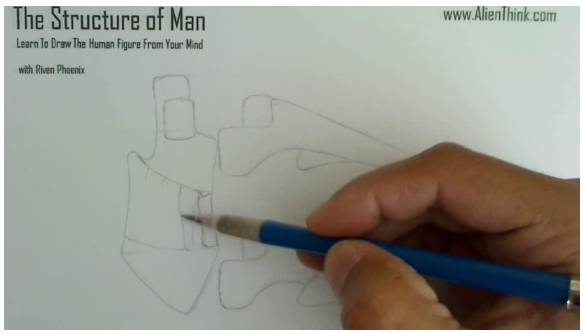
| | | |
|---|---|---|
| 21 |  | So it's going to do the same behavior that I did for the hand, right? |
| 22 |  | So what you're going to do is you're going to get basically all these bones are going |
| 23 |  | to come come come like this, but they kind of like curved, right? |
| 24 |  | So this is going to do the first one and over here, this is going to be the, the second |

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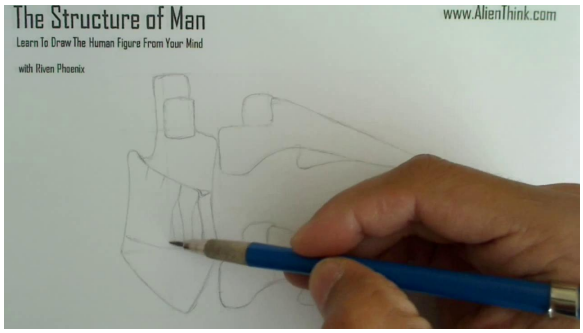
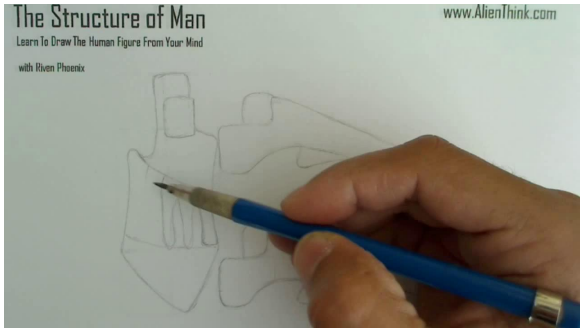
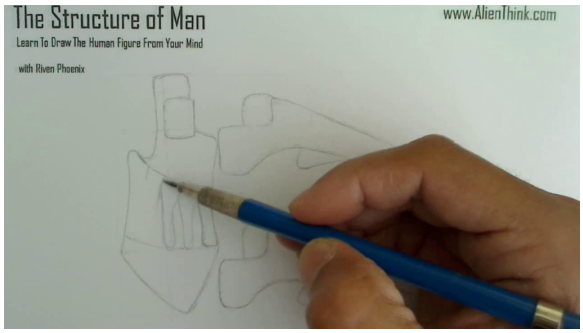
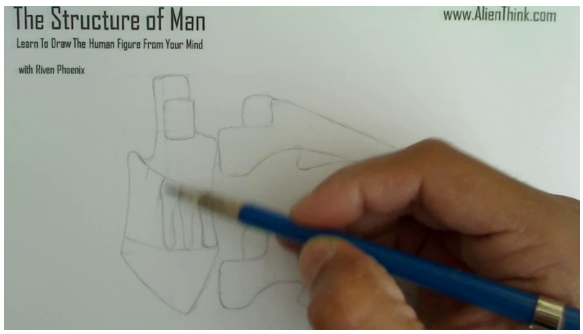
| | | |
|---|---|---|
| 25 |  | one over here, but they're just coming in more curved in this area over here, right? |
| 26 |  | There's conceptually get the bone structures down and they're overlapping each other, |
| 27 |  | right? |
| 28 |  | Because now it's curving, see? |

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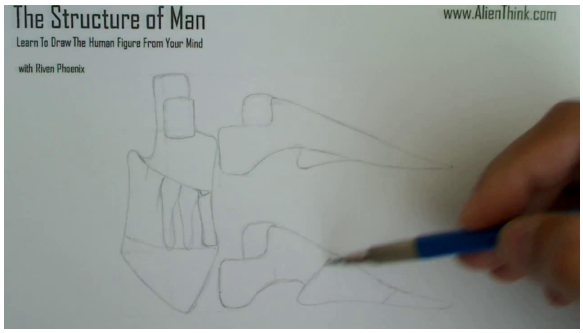
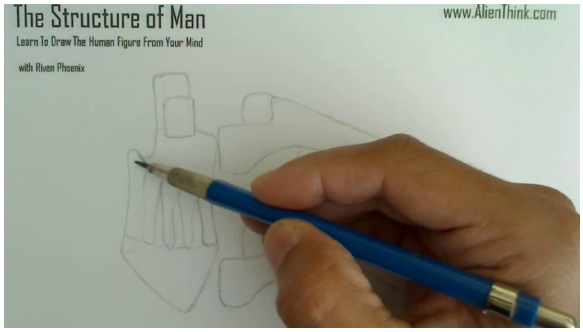
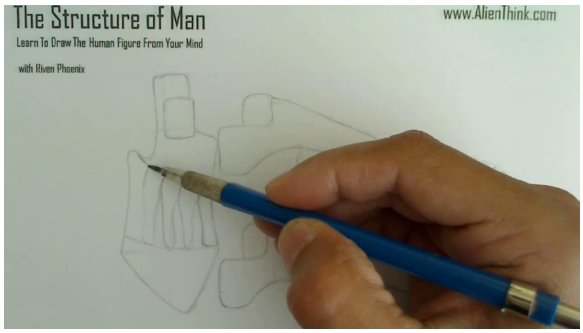
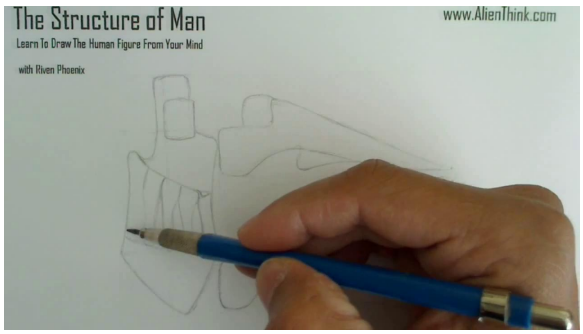
| | | |
|---|---|---|
| 29 |  | It's going down, so he's going to curve like this over here, right, this and then for |
| 30 |  | the last bone. |
| 31 |  | So this last bone is actually this guy was sticking out and he comes all the way over |
| 32 |  | here. |

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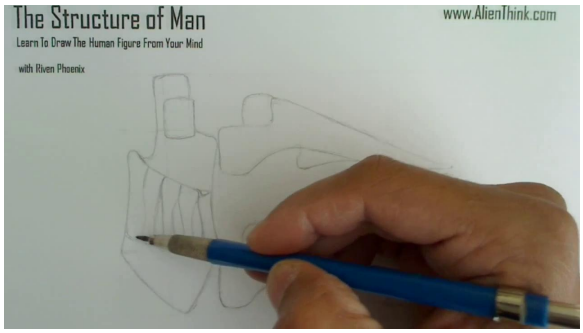
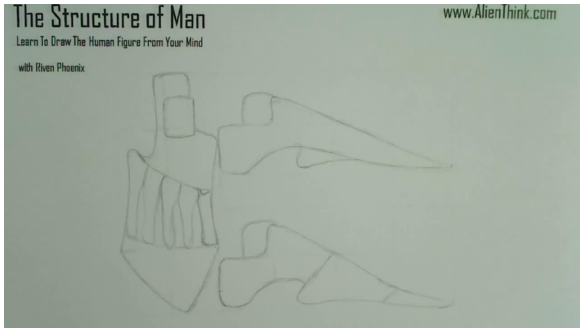
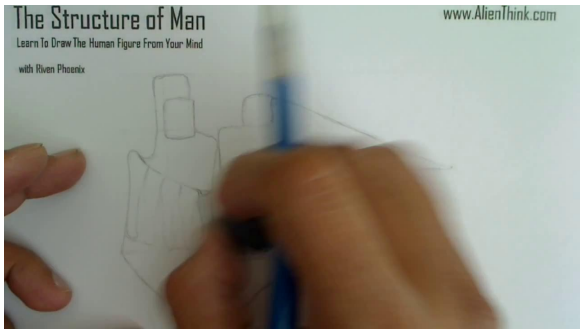
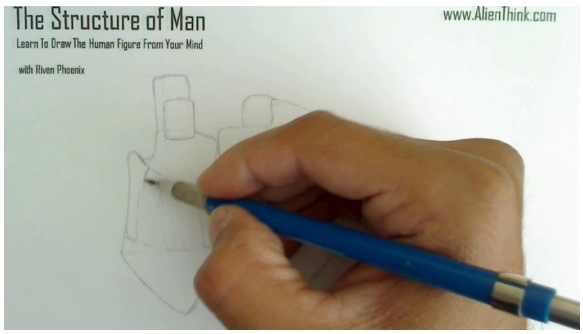
| | | |
|---|---|---|
| 33 |  | Basically, he defines himself for you automatically, right? |
| 34 |  | So this gives us the basic structure for the bone in here, we can now start to clean |
| 35 |  | up and make a better version of this, right? |
| 36 |  | So here, basically, I'm just going to come down like this and over here, I'm just going |

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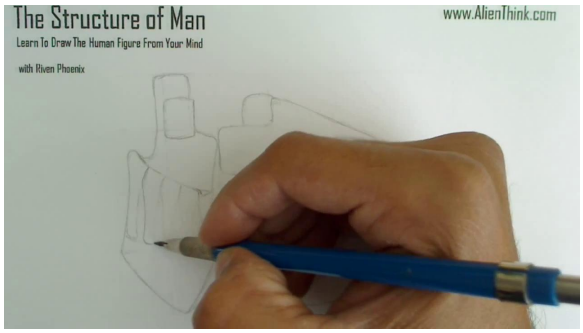
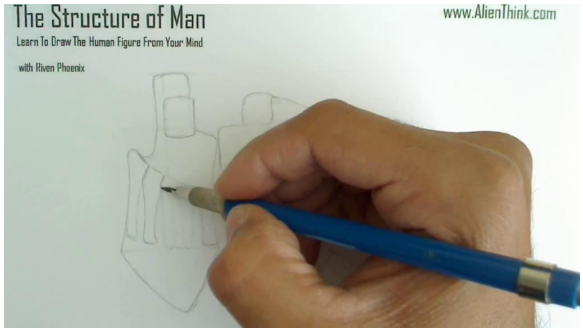
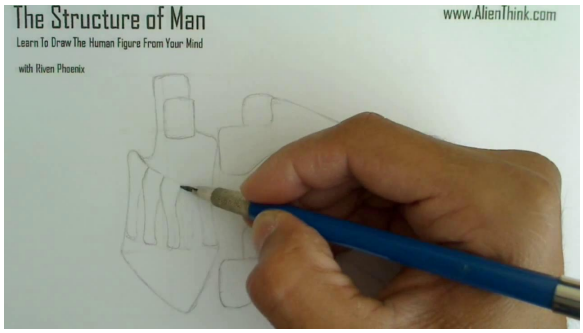
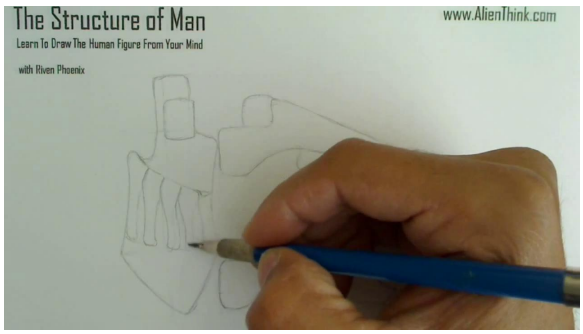
| | | |
|---|---|---|
| 37 |  | to make a nice version of this bone over here and he's just going to go down like this |
| 38 |  | and he's going to come in, he's going to want to be a little bit curved over here and |
| 39 |  | he's going to want to go like this and he's going to do the same thing just like |
| 40 |  | this over here, he's going to curve, right? |

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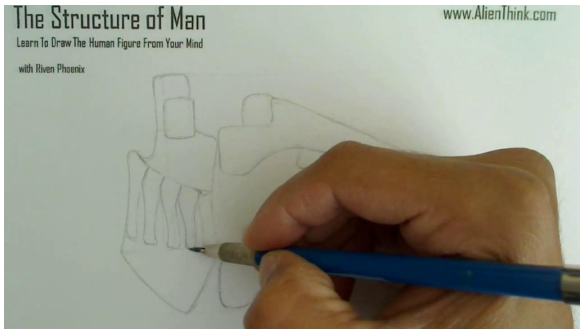
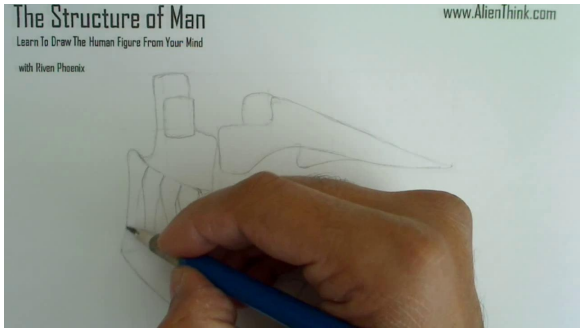
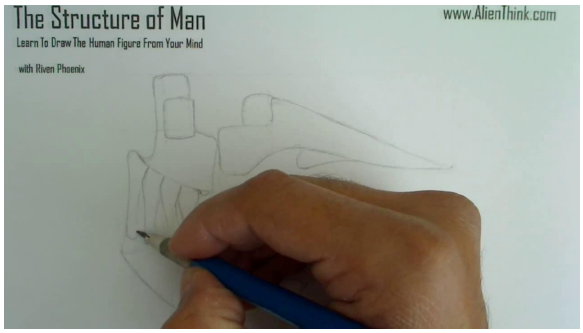
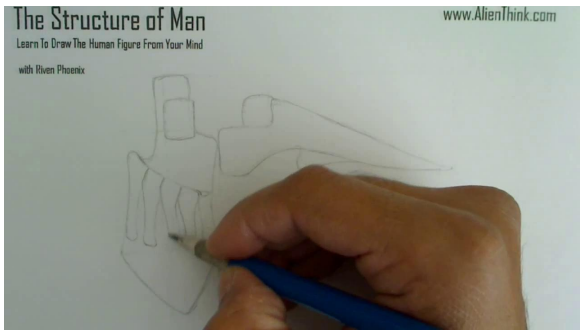
| | | |
|---|---|---|
| 41 |  | And basically, when you get to the ends, you just make them look like bones over here, |
| 42 |  | right? |
| 43 |  | So just do something like this, right? |
| 44 |  | We really do have to be very generalized with the structure of the foot because the bone |

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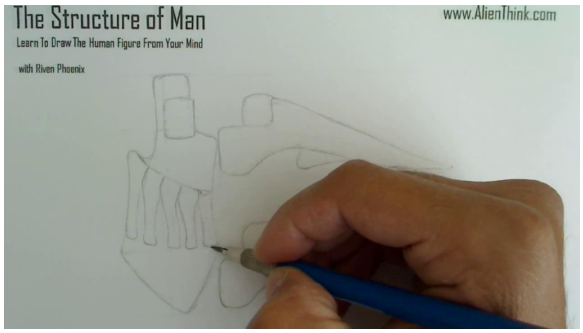
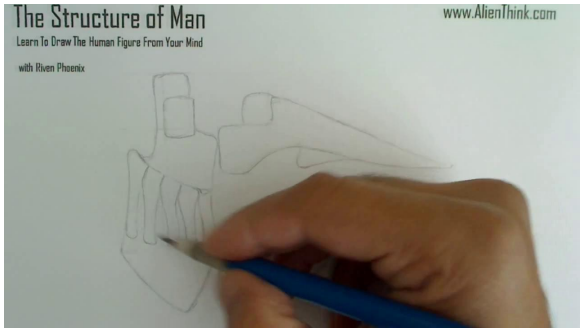
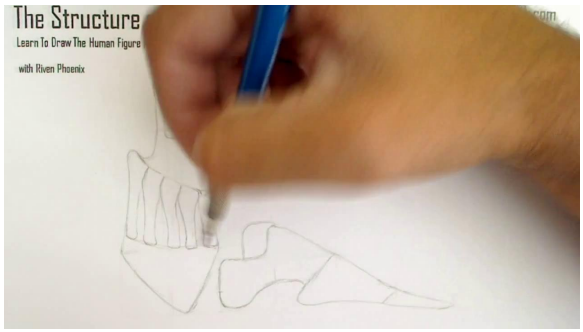
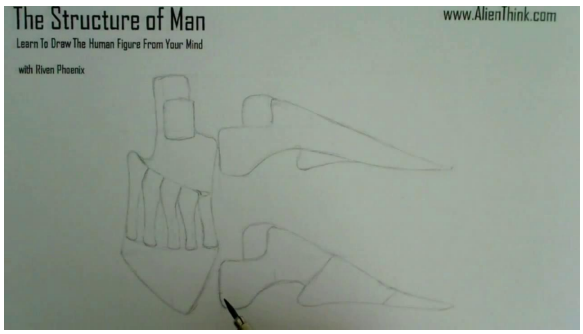
| | | |
|---|---|---|
| 45 |  | structure is going to be, we don't have to get in so much detail in the bone structure, |
| 46 |  | we really just need to understand what's going on and know that this whole bone structure |
| 47 |  | is going on this curve over here, right? |
| 48 |  | So what does this mean for us when we are looking at this from the side over here, but it's |

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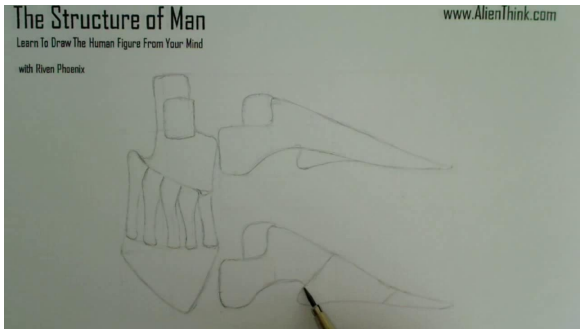
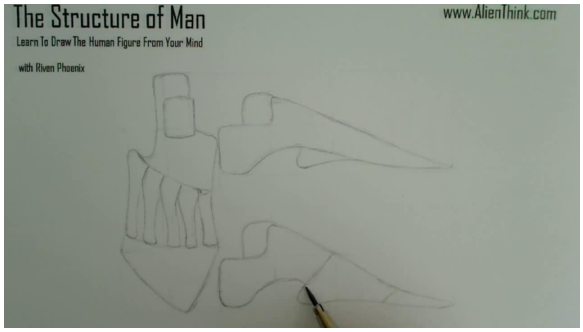
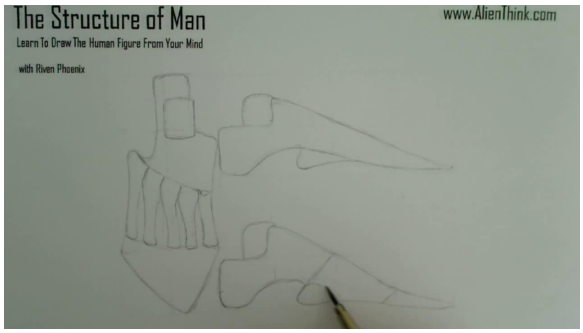
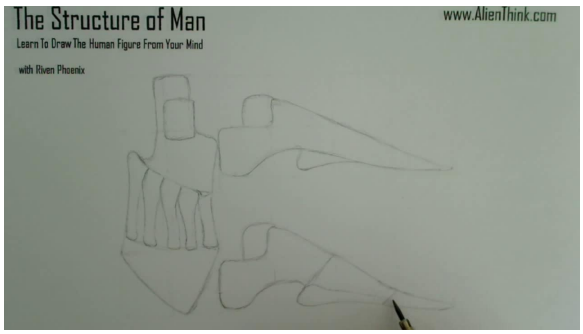
| | | |
|---|---|---|
| 49 |  | going to be the same thing. |
| 50 |  | If you're going to have to think about these bones that, okay, well, I'm going to get |
| 51 |  | like this bone over here and it's really the small bone and he's going to come down |
| 52 |  | over here, it's going to be like a little bit curved because he's coming down this way, |

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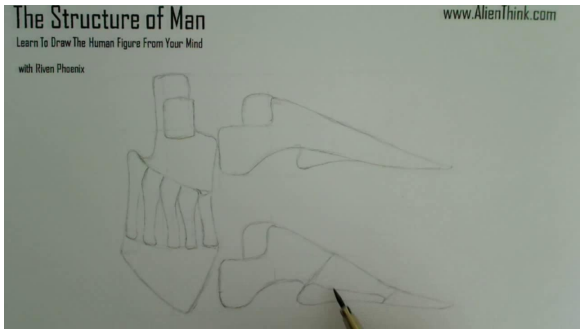
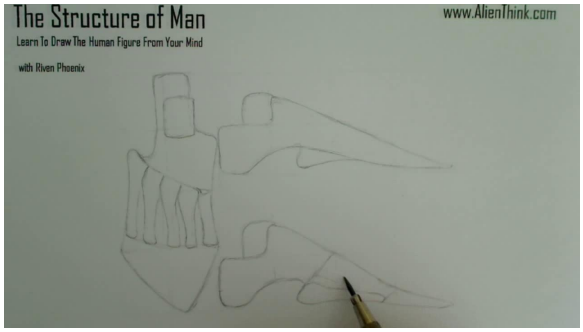
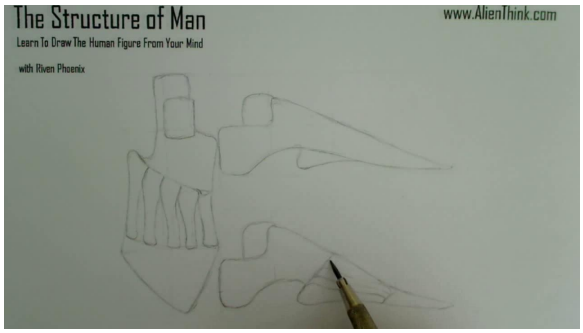
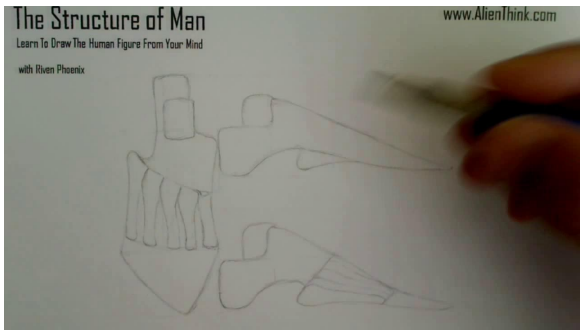
| | | |
|---|---|---|
| 53 |  | so I'm going to get one over here, then I'm going to get two, right? |
| 54 |  | I'm going to get two over here, then I'm going to get three over here, then I'm going |
| 55 |  | to get four over here, right? |
| 56 |  | Then of course, then you're going to get that other bone, which is for the toe, which |

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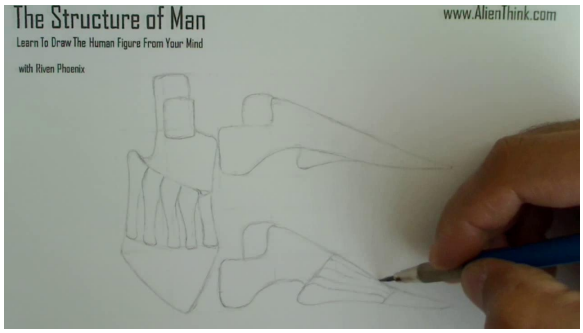
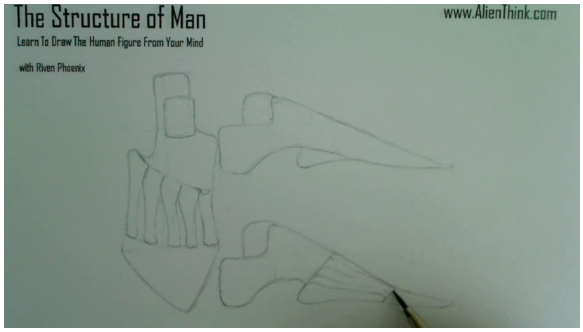
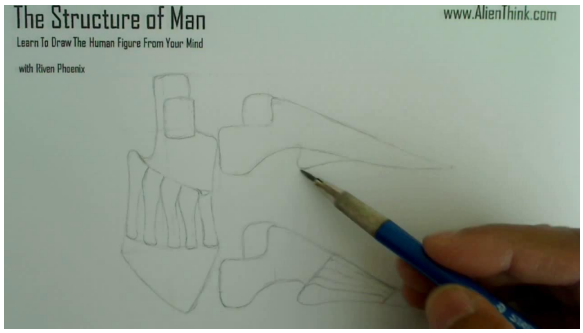
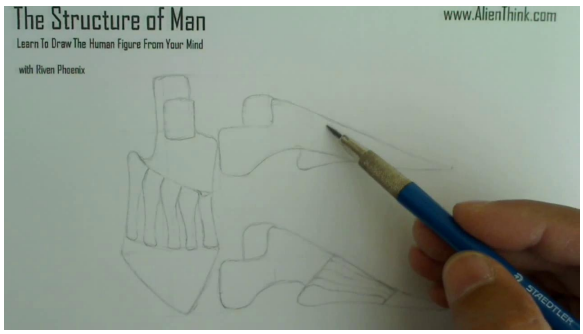
| | | |
|---|---|---|
| 57 |  | is the fifth one, right? |
| 58 |  | So we know that, okay, we understand what's going on on this end over here, so what should |
| 59 |  | happen over here? |
| 60 |  | Well, we know that, okay, the line is really going from the other side over here, right? |

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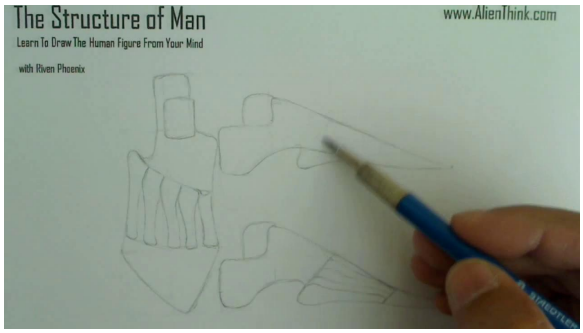
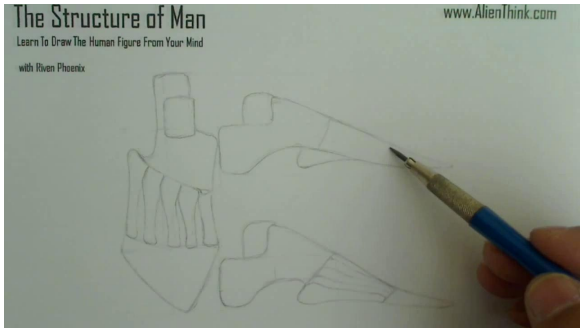
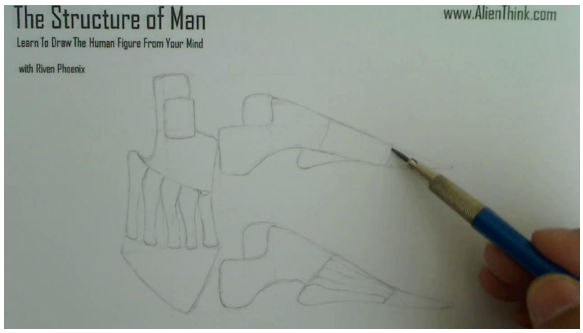
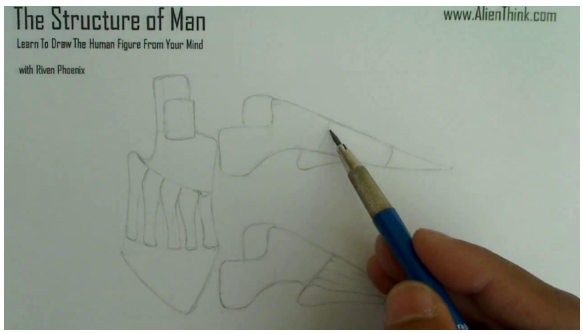
| | | |
|---|---|---|
| 61 |  | So you're just going to get really this bone over here and then we know that the other |
| 62 |  | line is wanting to, it's actually going on the other side and it's coming right here, |
| 63 |  | so this bone is going to be here, right? |
| 64 |  | So this is going to be the bone for your toe and it's going to be really big, this is |

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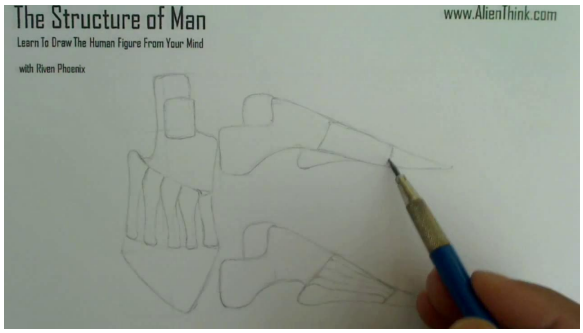
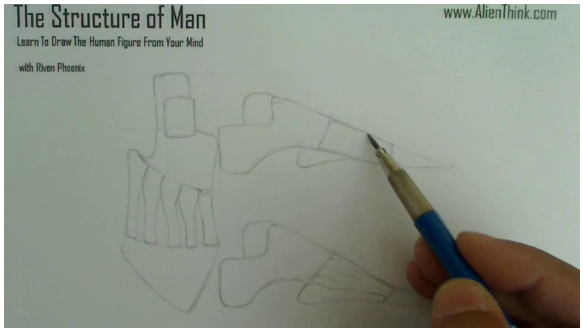
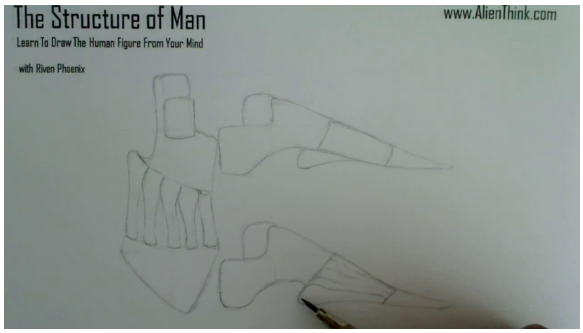
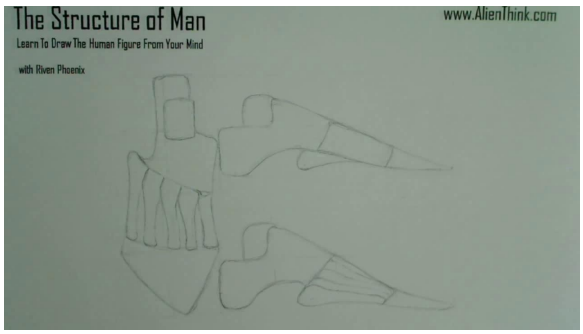
| | | |
|---|---|---|
| 65 |  | going to be really big over here, right? |
| 66 |  | And you really can't see anybody else except over there in the other end, so now this |
| 67 |  | helps us to understand that this guy here really is the bone for the little finger, right? |
| 68 |  | Okay, so what happens next is now you're just going to get the same fundamental concept, |

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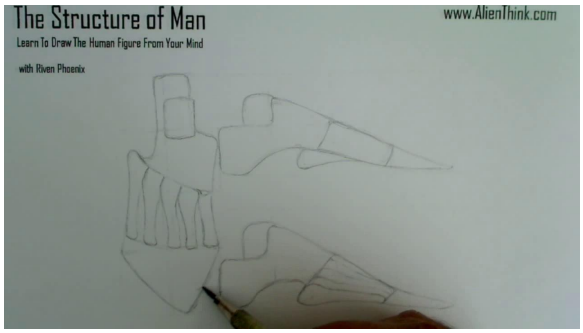
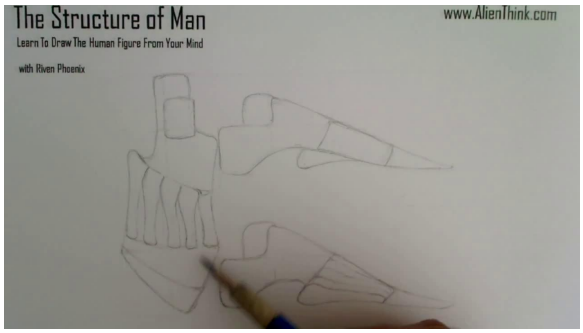
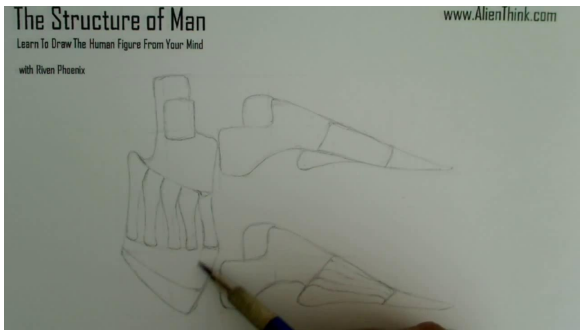
| | | |
|---|---|---|
| 69 |  | is you're going to get an arc just like this from, let's say from here to here, we can |
| 70 | | just make this arc a little bit here because you're going to get your fingers now. |
| 71 |  | So the way this works is, what's interesting is that it works exactly the same way, |
| 72 |  | that for the thumb, you're going to get like this bone over here, okay? |

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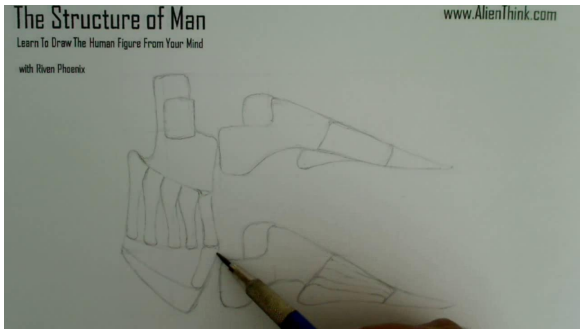
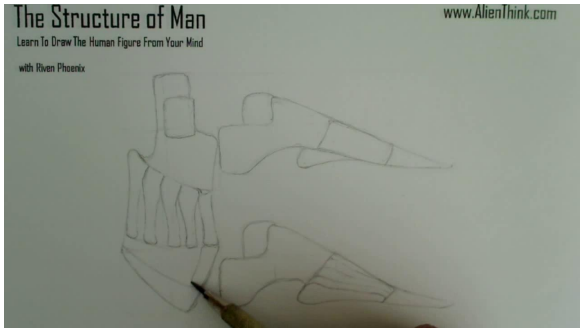
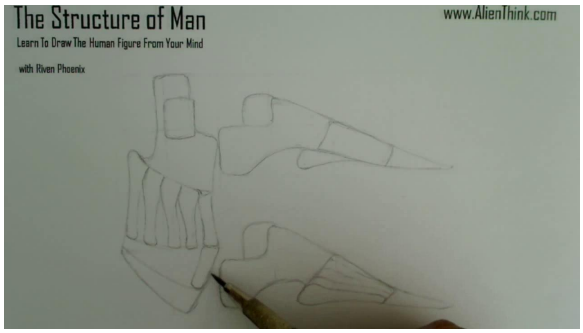
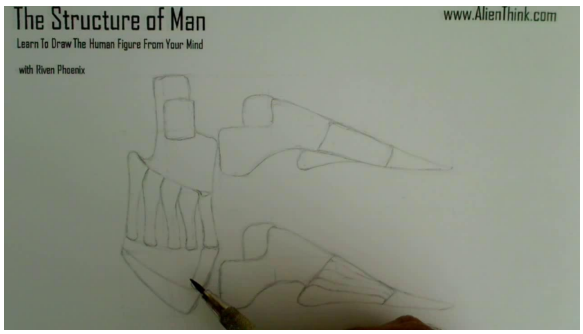
| | | |
|---|---|---|
| 73 |  | Now, I'm curving this over here like this, but I think everyone's foot is a little different, |
| 74 |  | so you can do it like this, it doesn't matter, just understand, it's just going to be different |
| 75 |  | for everybody, so but we're doing a template version so we can modify this later whenever |
| 76 |  | we feel like it, so you're going to get this bone, then over here you're going to get |

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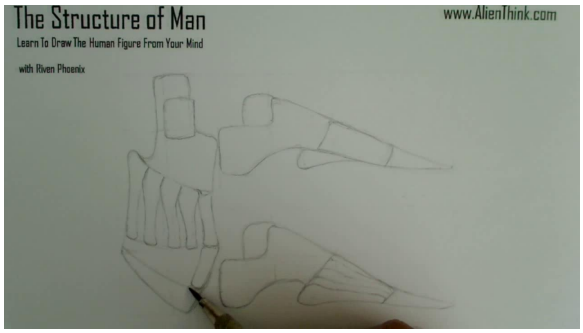
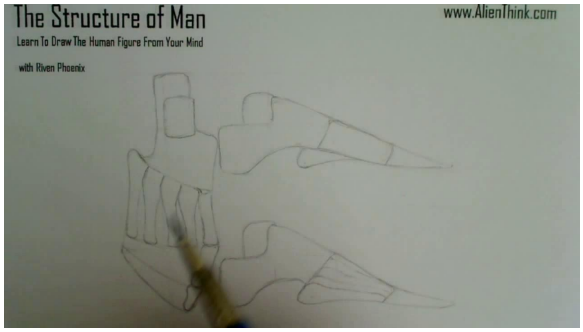
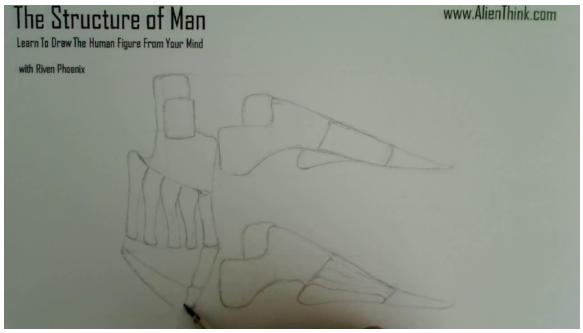
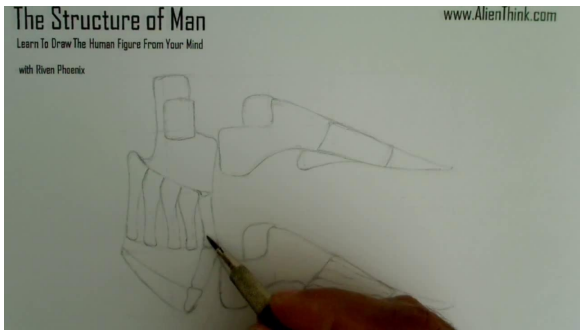
| | | |
|---|---|---|
| 77 |  | this big bone here for your toe, just like this, right? |
| 78 |  | So interesting thing is this is exactly what happens to the thumb on your hand, right? |
| 79 |  | Your thumb only has two bones too, right? |
| 80 |  | This is the palm and then it's really defined with just two bones, and everybody else here |

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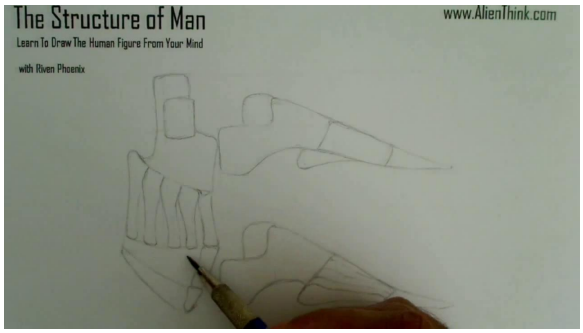
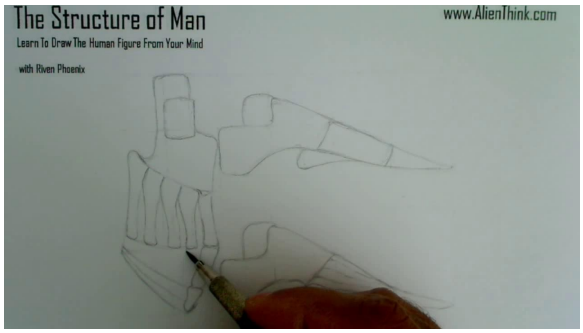
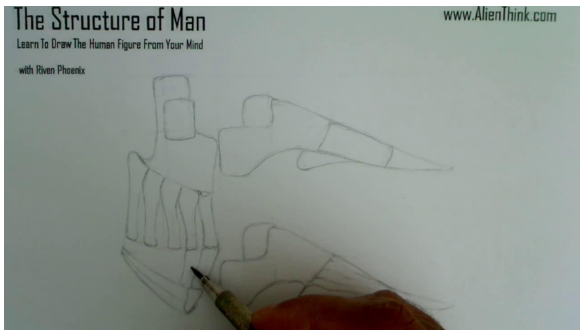
| | | |
|---|---|---|
| 81 |  | now is going to get three bones, so what this means is that when you do this, you're going |
| 82 | | to get a very small arc over here for your third bone, right, and it's very simple. |
| 83 |  | So all this is is just going to be, these guys are going to be not that big, and look |
| 84 |  | how they're pointing towards this way, right, they're pointing towards this way, so here |

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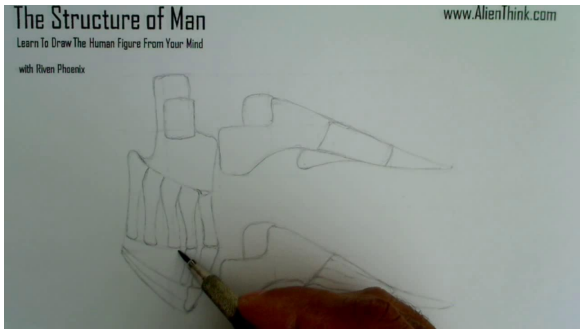
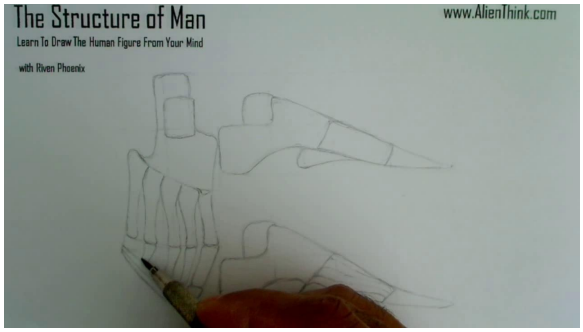
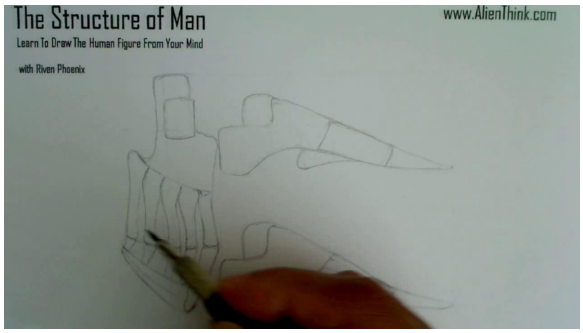
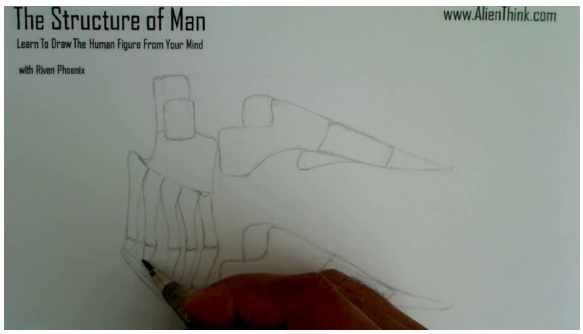
| | | |
|---|---|---|
| 85 |  | I'm going to get this over here, just like this, these bones are just going to be skinny |
| 86 |  | the way we're just creating, right, and then for your little finger you're going to get |
| 87 |  | this little guy over here, okay? |
| 88 |  | Again, we can modify any of these ideas as we move through the drawing, just keep that |

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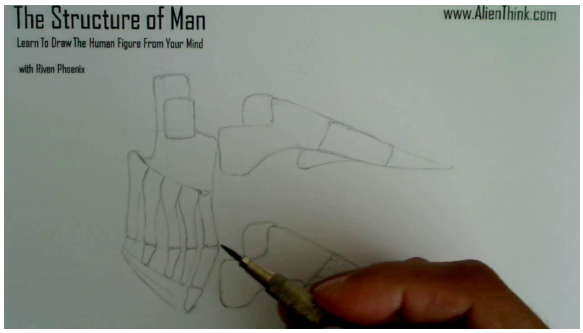
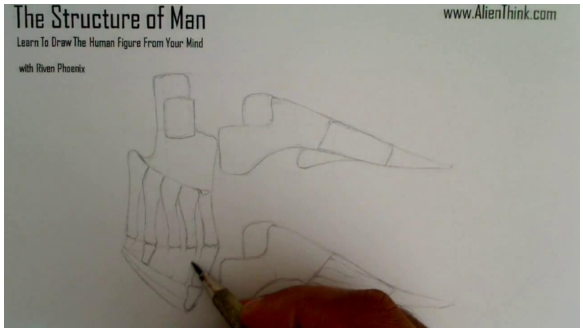
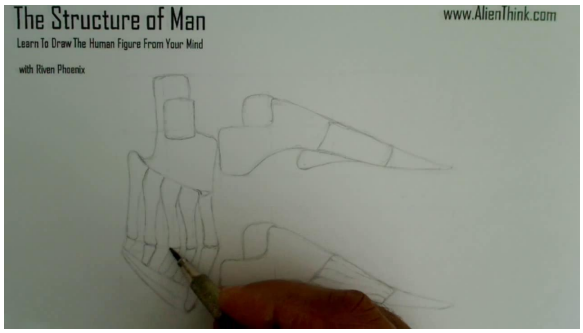
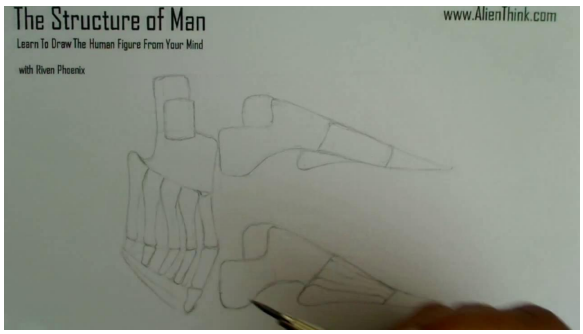
| | | |
|---|---|---|
| 89 |  | in mind, if we am going to move this guy a little bit more to the side, so we're going |
| 90 |  | to have more space over here, okay, we're going to do this one over here and this one over |
| 91 |  | here, I'm just moving him a little bit more to the side here, so I have more space to |
| 92 |  | work with over here, right, so now understand that, okay, I got one bone, and everything |

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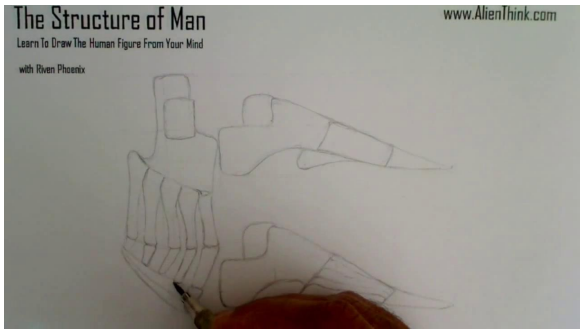
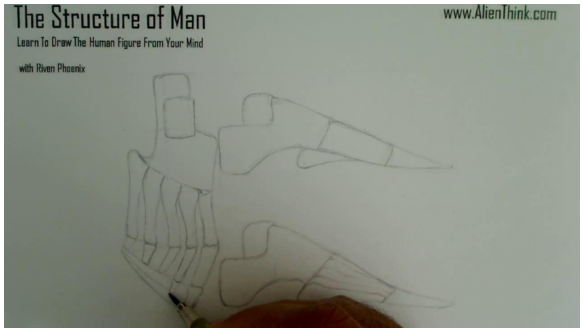
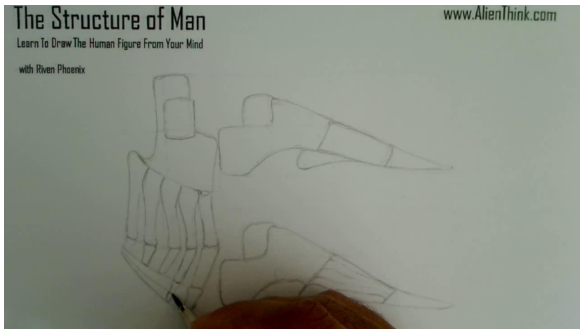
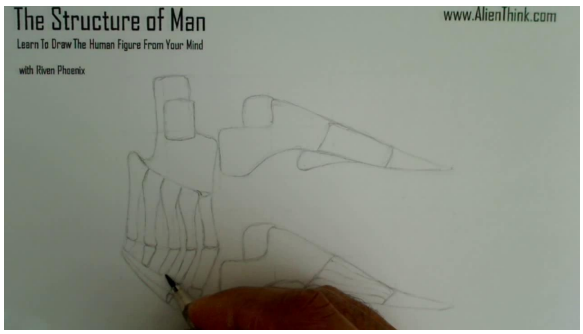
| | | |
|---|---|---|
| 93 |  | else is just going to work the same way, it's just going to become a little bit pointy |
| 94 |  | over here, then over here, you're just going to get like this, point over here, just like |
| 95 |  | this, okay? |
| 96 |  | Here I'm kind of curving him a little more, and you're just going to get this little bit |

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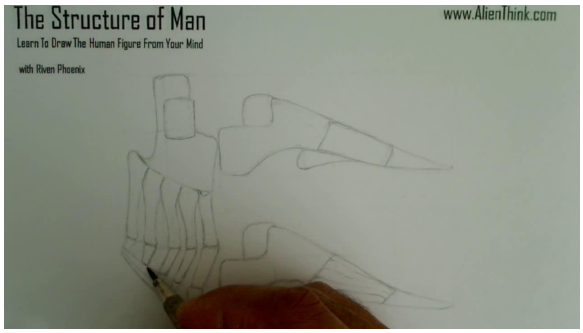
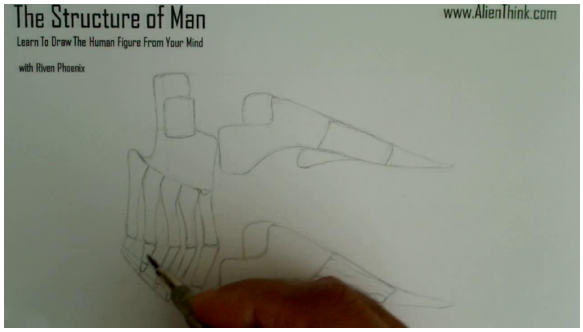
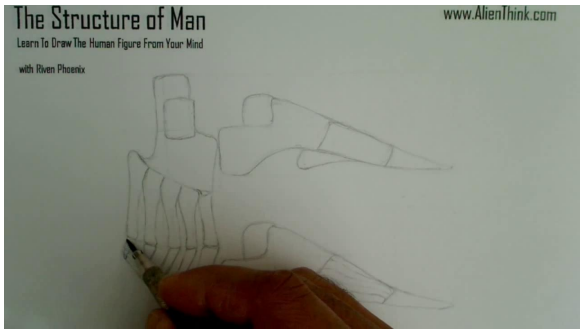
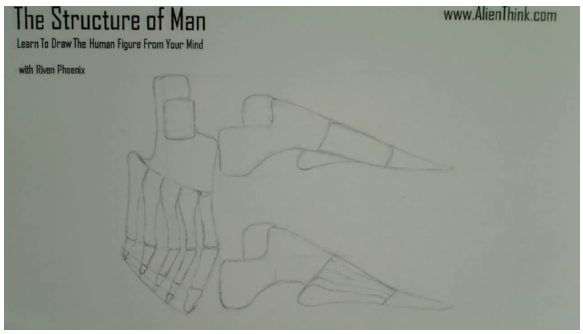
| | | |
|---|---|---|
| 97 |  | over there, you know, over here, all these bones are just going to get smaller and smaller |
| 98 |  | to draw over here, and you know that this small finger really has the most tiny stuff |
| 99 |  | on here, right, but this gives us a really good understanding of what's going on with |
| 100 |  | the foot. |

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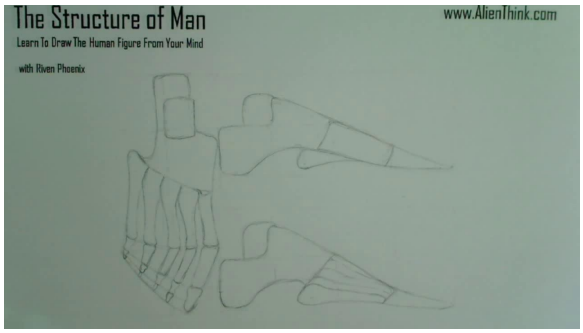
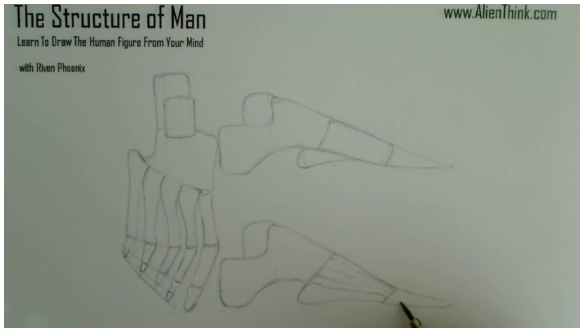
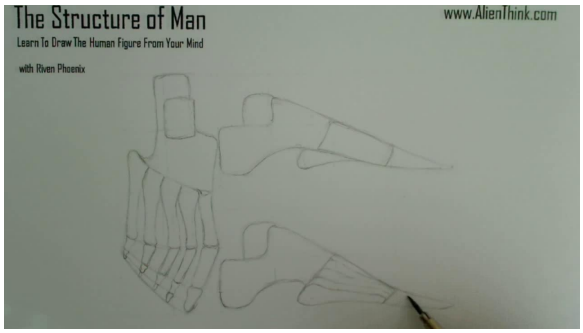
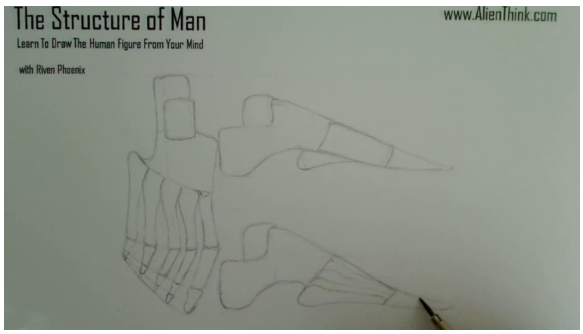
| | | |
|---|---|---|
| 101 |  | Okay, so now what we need to do is basically do the same thing over here, so now here's |
| 102 |  | where we need to understand, okay, well, how did I do this arc, really you just create |
| 103 |  | from here, understand, understanding that, okay, well, where is this guy going to end, |
| 104 |  | right, so he's going to be in this idea over here, let's look at this, it's coming just |

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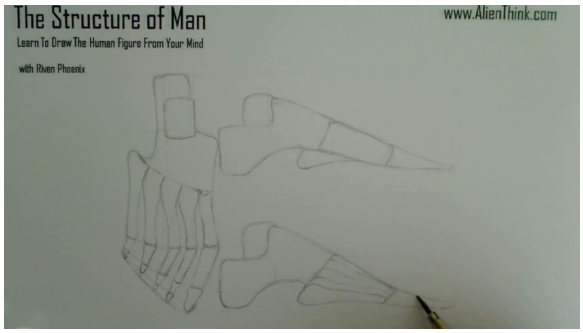
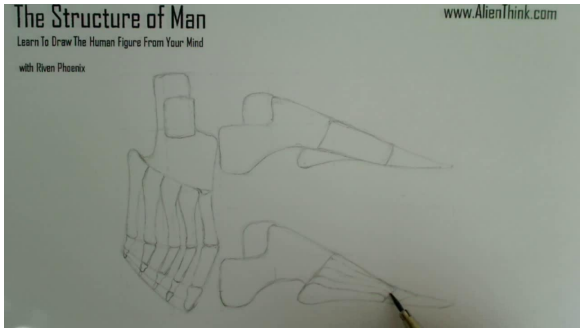
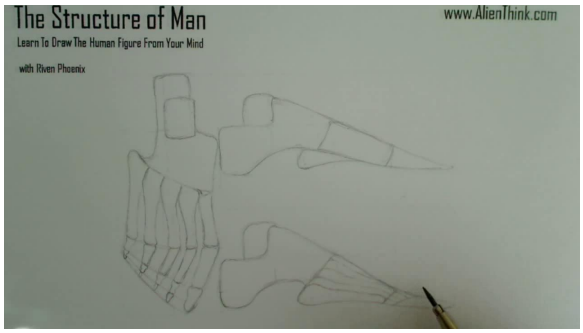
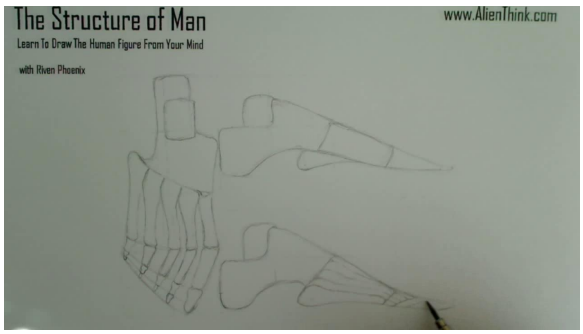
| | | |
|---|---|---|
| 105 |  | about here, that's where he's going to end, so I'm going to get this arc over here, means |
| 106 |  | that you can just start to put in the rest of your bones over here, and they're going |
| 107 |  | to be really just be on a curve like this over here, right, and then over here I'm going |
| 108 |  | to get more of an arc over here, so I'm going to get these guys to really come in more, |

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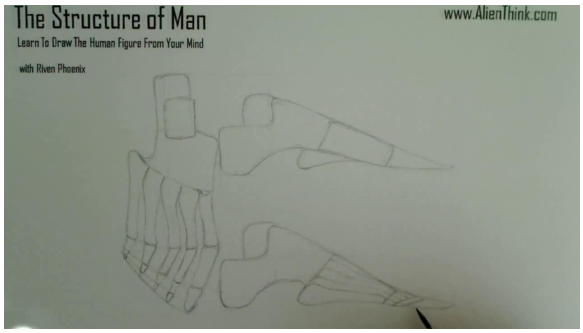
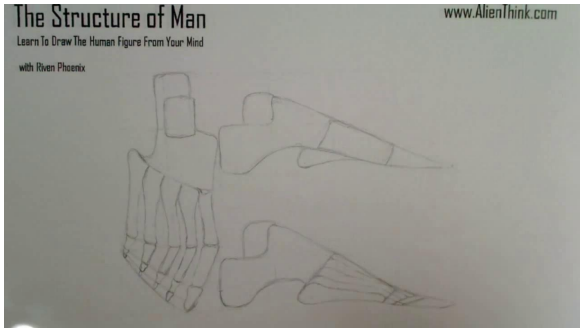
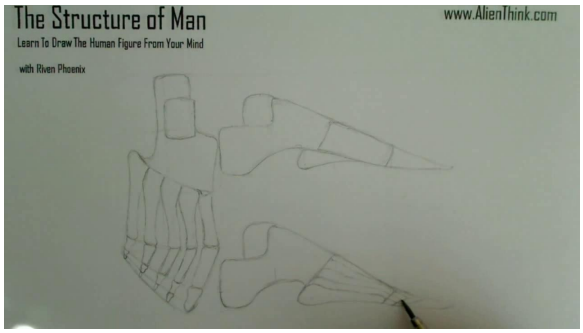
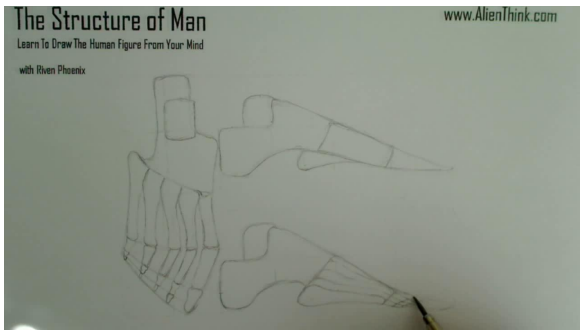
| | | |
|---|---|---|
| 109 |  | right, so notice where we are, we're really close to this, we're just going to do like |
| 110 |  | a small version for that bone, right, and that is the thing to understand about what's |
| 111 |  | going on with the foot, and just make these bones like this coming out a little bit more |
| 112 |  | from each other, like this, right, so obviously this whole mechanism that we are drawing here, |

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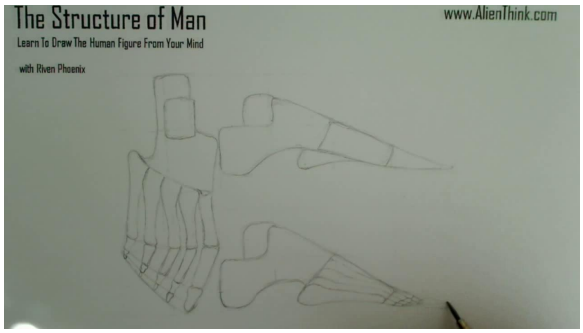
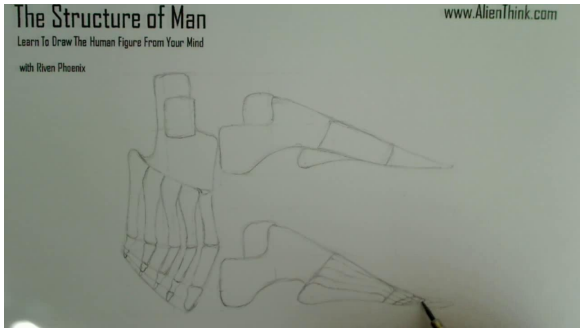
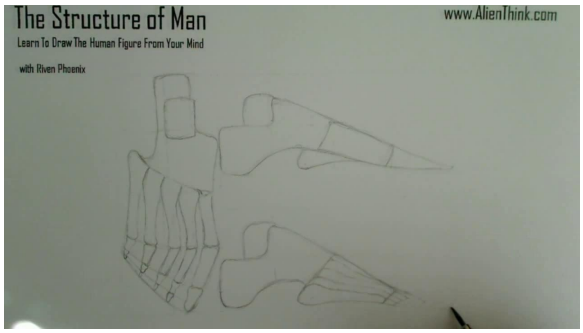
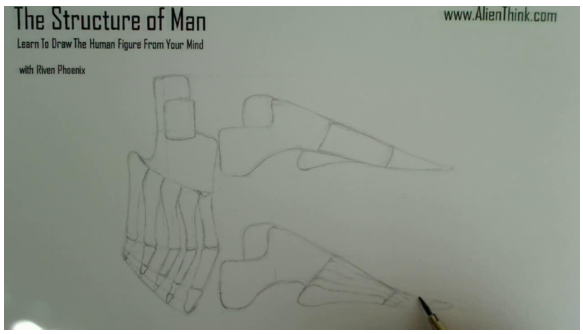
| | | |
|---|---|---|
| 113 |  | really needs to go all the way over here, right, so we're going to actually just increase, |
| 114 |  | increase this a little bit more, so we can just get a little bit of a better ratio over here, |
| 115 |  | right, so this is where my toe bone is going to be, okay, and then it's going to go here, |
| 116 |  | well it's going about halfway over here, right, this is going to, again like I said, |

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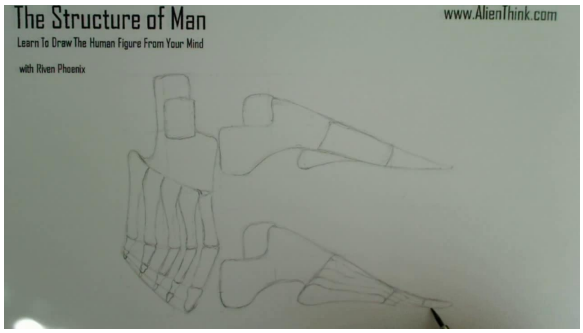
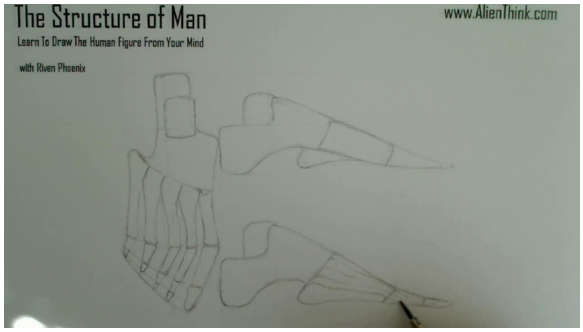
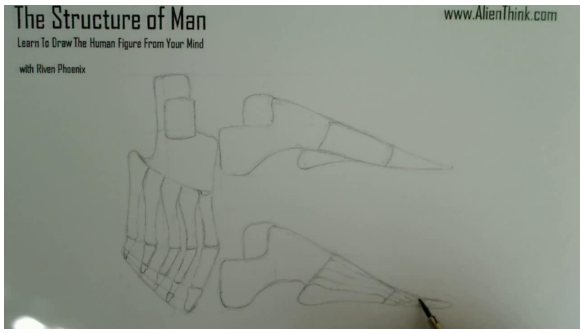
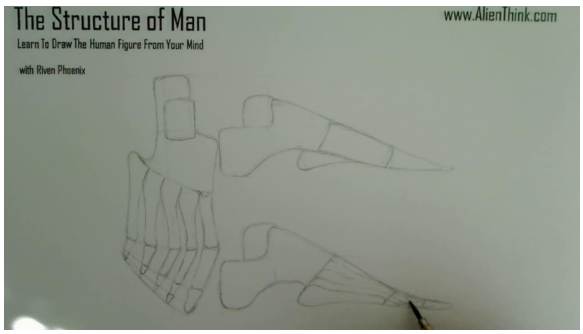
| | | |
|---|---|---|
| 117 |  | we can modify that stuff, and then from here we can say that okay, just make the bones like this, |
| 118 |  | so do the arc in this, right, so we're just going to bring them in a little bit more, |
| 119 |  | right, because I felt that it was getting a little too short, |
| 120 |  | and here I'm just going to do this over here, one, two, three, |

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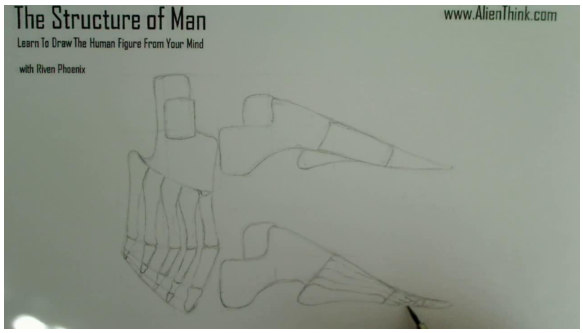
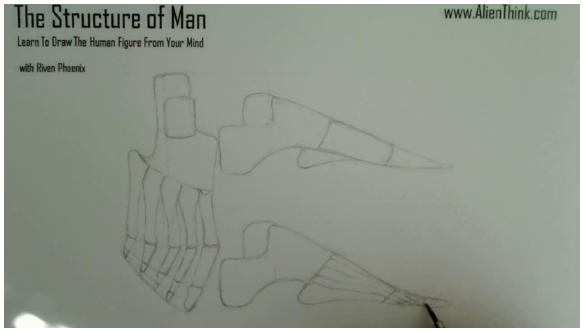
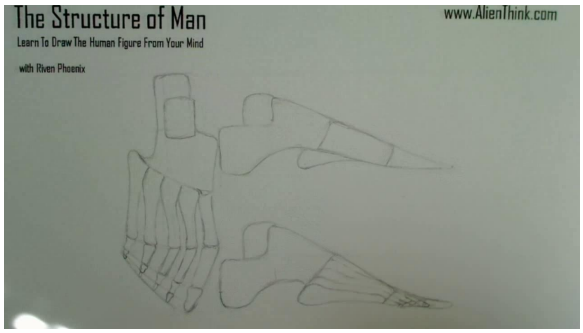
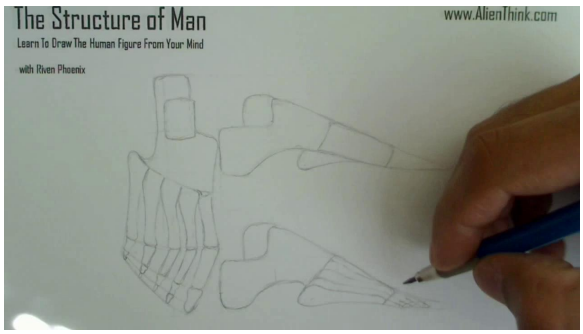
| | | |
|---|---|---|
| 121 |  | then over here, one, two, three, and then one, two, three, |
| 122 |  | over here, one, two, and three, right, there we go, |
| 123 |  | okay, so this is, right, just think about it, just think about it, |
| 124 |  | how you want to do this over here, |

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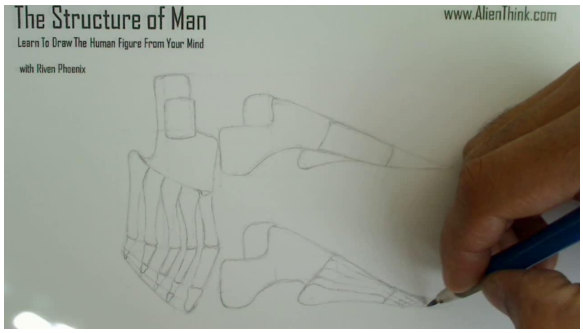
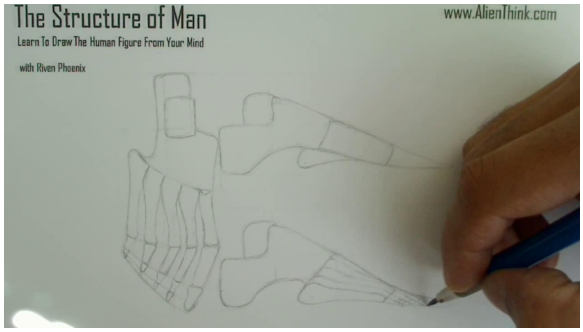
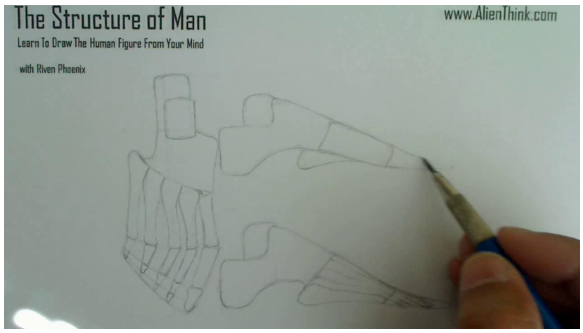
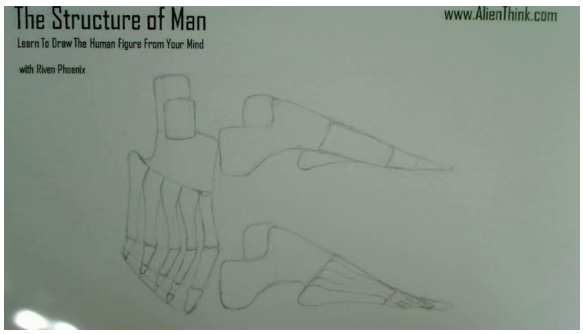
| | | |
|---|---|---|
| 125 |  | okay, so I'm just making this right here, cleaning that idea up, |
| 126 |  | okay, so now we come to this area here, and we know that okay, well this is going to be simple, |
| 127 |  | I'm just going to divide it like this over here, okay, so now we'll just, |
| 128 |  | we can now clean up some of these ideas here, |

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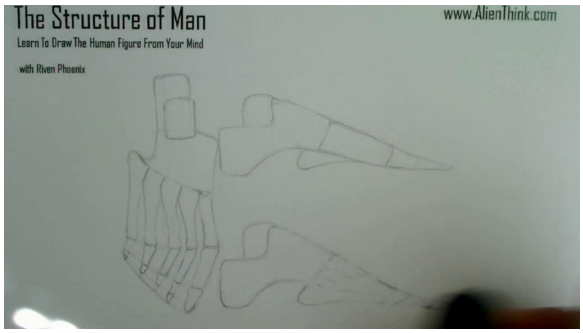
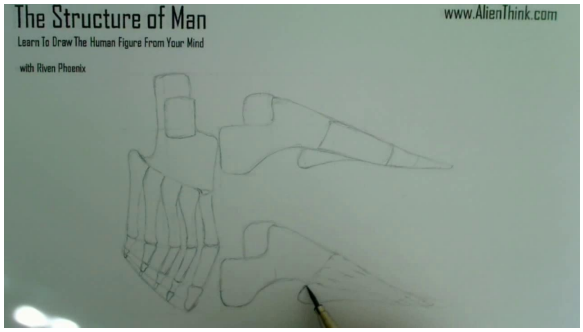
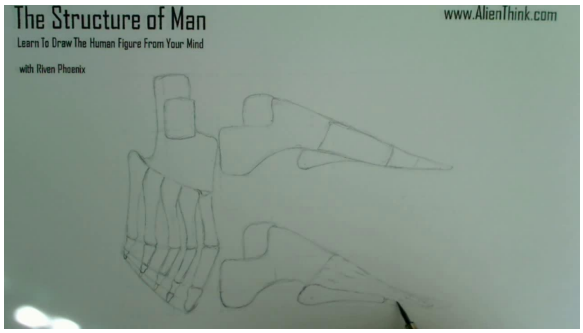
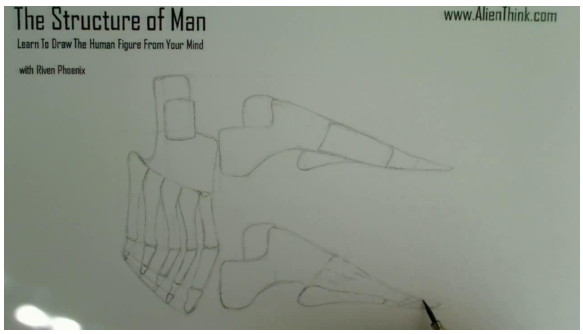
| | | |
|---|---|---|
| 129 |  | I just conceptually first get these ideas down over here, |
| 130 |  | just draw out the bones nicely over here, |
| 131 |  | with this one, |
| 132 |  | so this one will be the smaller bone over here, |

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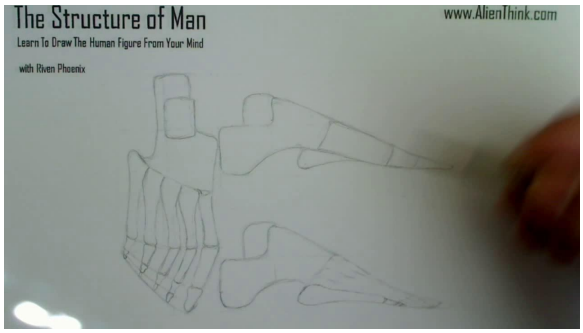
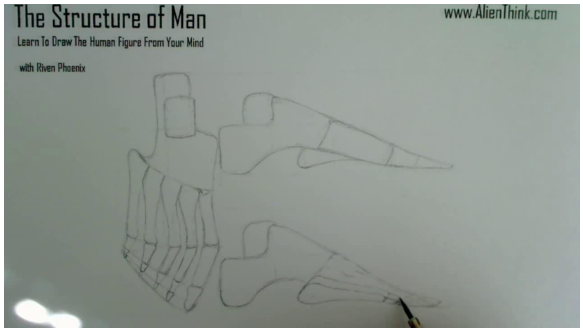
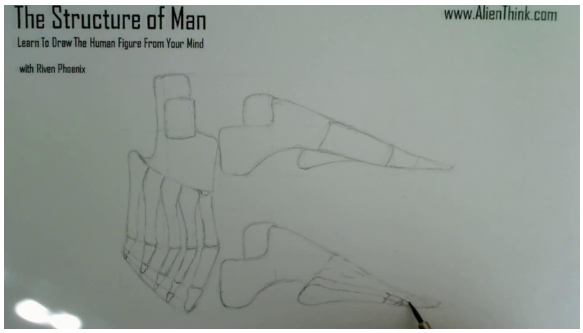
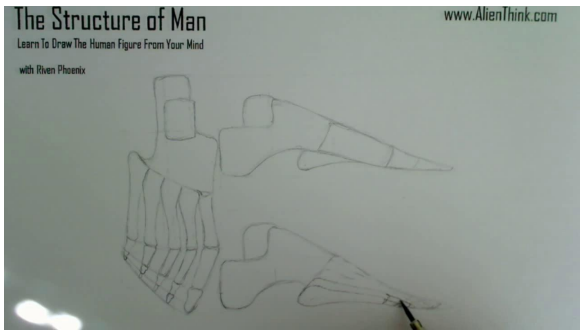
| | | |
|---|---|---|
| 133 |  | hmm, |
| 134 |  | make this one over here a little more, |
| 135 |  | big over here, and make it go down, |
| 136 |  | some of this is just going to be a lot of detail work here, |

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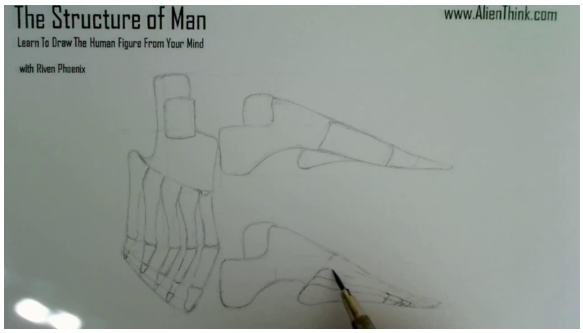
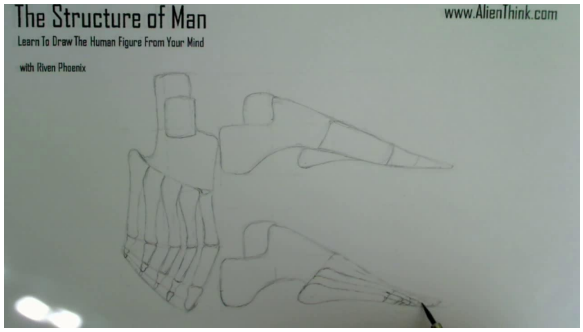
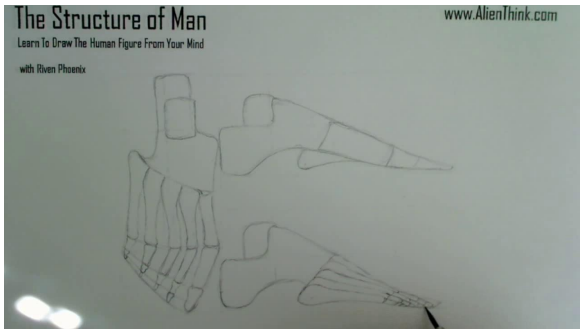
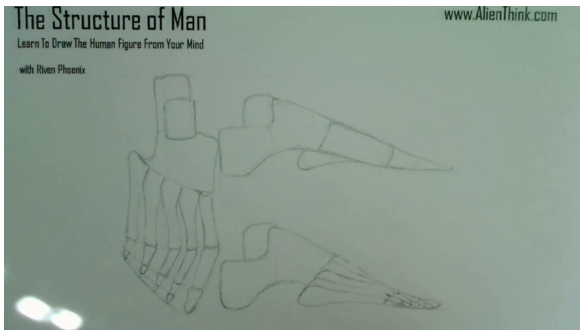
|---|---|---|
| 137 |  | so just bring it in, |
| 138 |  | three, and then here, just going to make number four over here, |
| 139 |  | right, and then this will be my toe over here, right, |
| 140 |  | so now we got that all done over here, |

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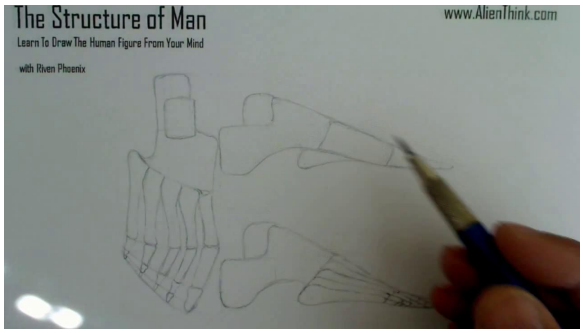
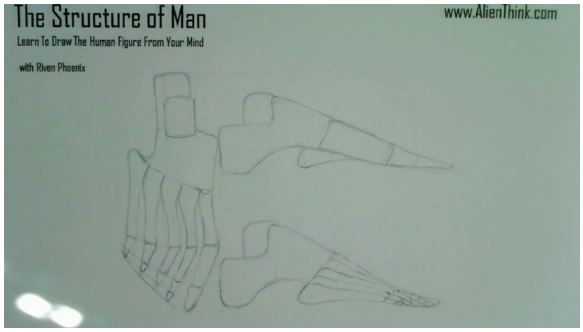
| | | |
|---|---|---|
| 141 |  | we really don't have to mess around with that, |
| 142 |  | okay, so I'll see you in the next lesson, thanks, |

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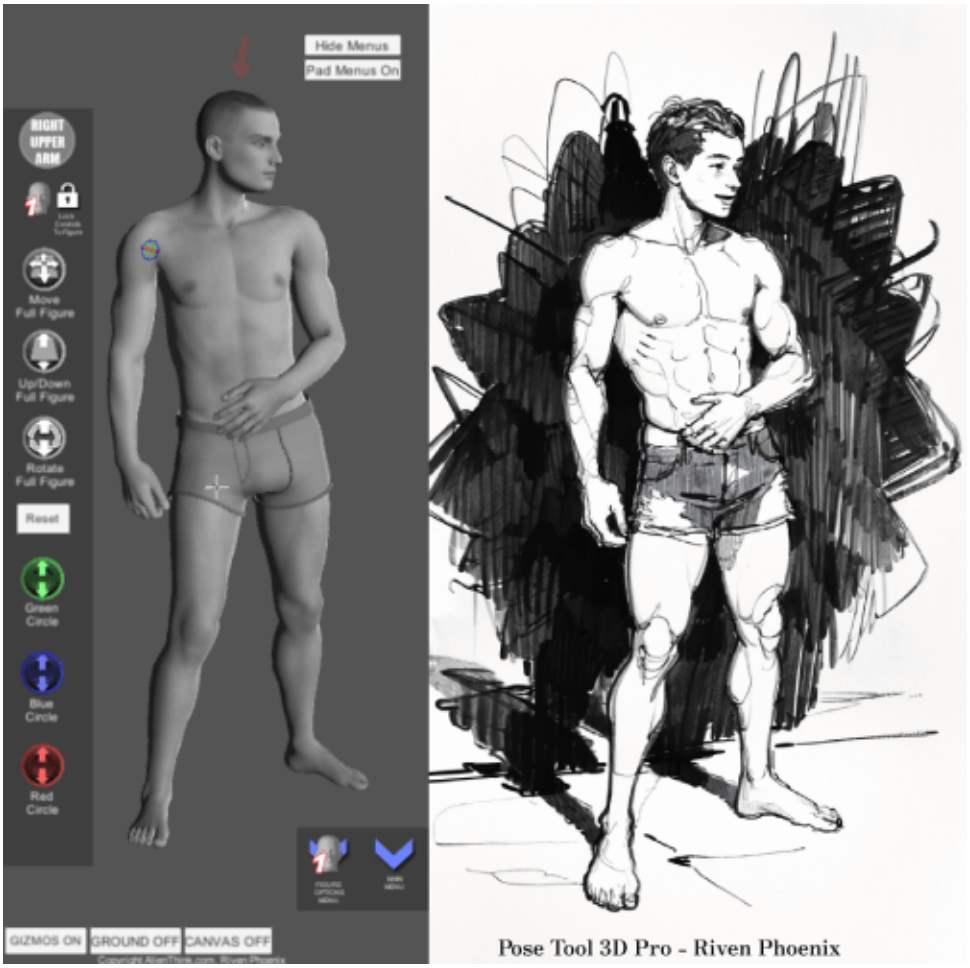


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